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In The Path is the Goal,
Chögyam Trungpa teaches us
to let go of the urge to
make meditation serve our
ambition; thus we can relax
into openness. We are shown
how the deliberate practice
of mindfulness develops into
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*The Path Is the Goal book by
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The path is the goal : a basic handbook of Buddhist meditation by Trungpa, Chogyam, 1939-; Chödzin,

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1, 1995. 210. A simple and
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Publishers: Shambhala
Publications, 1995.

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Chögyam Trungpa teaches us to let go of the urge to make meditation serve our ambition; thus we can relax into openness. We are shown how the deliberate practice of mindfulness develops into contrived awareness, and we discover the world of insight that awareness reveals.

*Path Is The Goal, The:
Trungpa, Chogyam:*

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Meg Federico has been a student of the late Trungpa Rinpoche since 1973, and is a staff member of the Profound Treasury of Dharma retreat. She is a writer, and author of Welcome to the

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Departure Lounge; Adventures in Mothering Mother (Random House, 2009).

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